

For Home Care And Hospice Workers, Spring Couldn't Come Too Soon

Spring technically arrived March 21 on the heels of the worst winter on record in the state of Pennsylvania. Is it any wonder then that, despite the climbing temperatures and seemingly relentless rain of recent days, some people are still fearful of one last blast of arctic air.

Of course, the employees of Lehigh Valley Hospital have proved themselves remarkably reliable and resourceful while working in a winter wonderland. In fact, there was no interruption in hospital services despite the onslaught of snow and freezing rain from January through March.

To ensure continuity in patient care, employees often stayed overnight at the hospital-turned-hotel.

Meanwhile, the staff of Lehigh Valley Home Care and Lehigh Valley Hospice had to be a bit more inventive. That's because their patients aren't in adjoining rooms but homes scattered across several counties.

So, after tending to each patient's needs, staff members had to go back outside, climb into their cars and drive to the next patient's homes.

While some employees responded to the job demands by trading in their compacts for four-wheel drives, others discovered the merits of kitty litter for traction.

Fortunately, the staff managed to wend its way in slow-moving traffic along roadways adrift with snow without many major problems.



Some employees paired up — one to tend the car and the other to administer patient care. Some employees were accompanied by their spouses including one who questioned the possibility of becoming a per-diem employee.

When snow-covered roads made travel difficult, only emergency visits were scheduled, according to Cynthia Runner-Heidt, RN, director of patient care for Lehigh Valley Home Care.

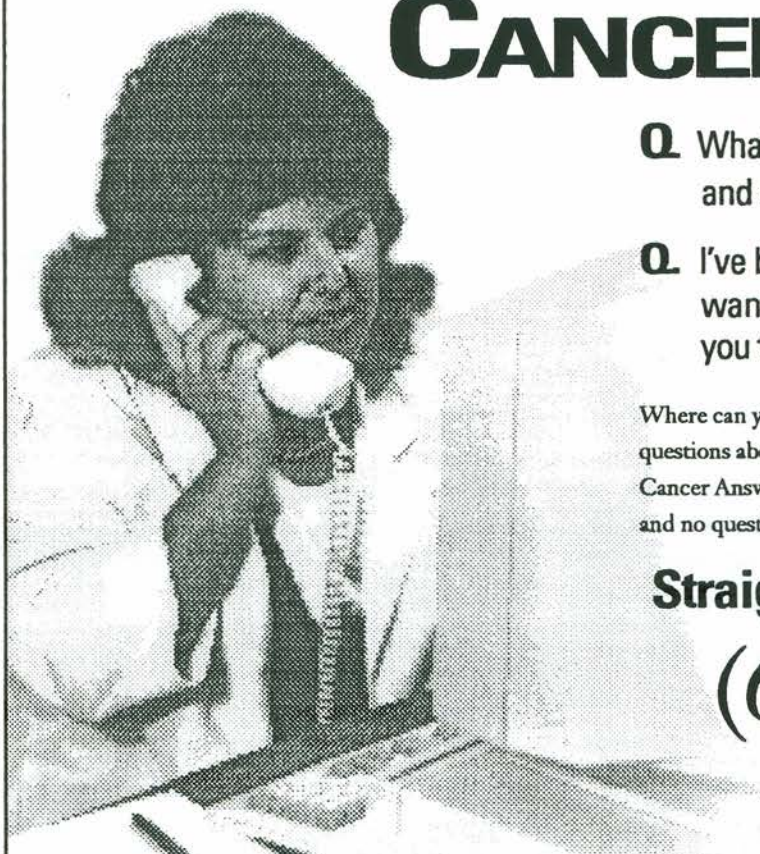
"While we did not want to put our employees at risk, we did want to ensure the health and safety of our patients, especially those with little family support," she says.

"We had people on-call providing back-up for people on call," adds the Rev. Anne Huey, director of support services for Lehigh Valley Hospice, indicating the extent to which the staff went to meet patient needs.

In fact, staff members routinely went above and beyond the call of duty by shoveling their patients' walks and making sure they had enough food in their homes.

"A lot of people apply for positions in our department during the spring, summer and fall," says Runner-Heidt. "After a winter like this past one, I'll be curious to see if that's still the case." ■

CANCER ANSWERS



A public service of the John and Dorothy Morgan Cancer Center

Q What's the difference between a lumpectomy and a mastectomy?

Q I've been diagnosed with cancer and my doctor wants to start me on chemotherapy. What can you tell me about this treatment?

Where can you turn when you need qualified, authoritative answers to your questions about cancer? Lehigh Valley Hospital's *free* information helpline Cancer Answers. We're here to answer any question—no matter how tough—and no question is too small. We care.

Straight Talk for Tough Questions
(610) 402-9300

LEHIGH VALLEY
HOSPITAL

A postcard promoting the Cancer Answers line will be mailed to 85,000 residents of nine counties served by the John and Dorothy Morgan Cancer Center. By offering access to immediate information, the Cancer Answers line promotes early detection and treatment which greatly improves the prognosis for cancer patients.

Information Line Offers CANCER ANSWERS

When John Kruk, the Philadelphia Phillies' colorful first-baseman, announced that he had been diagnosed with testicular cancer, Jill Korn, BSN, RN, began fielding calls from men concerned about the signs and symptoms of the disease. A certified oncology nurse, she staffs the Cancer Answers information line, a new service of Lehigh Valley Hospital's John and Dorothy Morgan Cancer Center.

Anyone with questions regarding cancer can call the information line at (610) 402-9300 for the most up-to-date diagnostic and treatment information available. Korn can also refer callers to specialists in cancer care and assist with appointment scheduling, if requested, with physicians affiliated with the cancer center. By offering access to accurate and immediate information, the Cancer Answers line promotes early detection and treatment when cancer is most curable.

In addition to calls regarding testicular cancer, Korn is also responding regularly to inquiries about skin cancer, a disease that can be caused by prolonged exposure to the sun. But, she is prepared to answer any questions regarding the many forms of cancer.

"Through this service, we are able to educate callers about cancer," she says, "and direct them, if necessary, to the John and Dorothy Morgan Cancer Center for advanced cancer care." ■

CheckUp is a biweekly employee publication of Lehigh Valley Hospital, Public Relations, 1243 S. Cedar Crest Blvd., Allentown, PA 18103. Interoffice mail submissions should be addressed to 1243SCC-PR. For additional information, call extension 3000. Lehigh Valley Hospital is an equal opportunity employer. M/F/D/V

Voice Your Opinion on HealthCare Reform with Toll-Free Call

Nearly 7,000 people in Pennsylvania have discovered a unique way of notifying state legislators of their concerns about healthcare reform: by making a toll-free call to The American Hospital Association (AHA) Phone Bank.

By calling the phone bank, state residents are authorizing the AHA to send letters to the appropriate member of the U.S. House of Representatives and the U.S. senators from Pennsylvania.

The AHA Phone Bank has received 81,000 calls overall, meaning that Pennsylvanians account for eight percent of the total number of calls. More importantly, the letters generated by the calls have been favorably received and acknowledged by members of the Pennsylvania congressional delegation.

Because of the response to this call-in campaign, AHA will continue to accept calls to the phone bank until the end of April. If you have not already done so, please call AHA at 1-800-669-4AHA and ask that letters be sent to your representatives in Washington.

A sample letter follows.

Dear Senator or Congressman:

Because I have a personal tie to my local hospital, the final shape of healthcare reform is very important to me. I want to make sure that any reform bill Congress passes at the national level will mean better health for patients and the communities we serve.

As you consider the many proposals now before you, please remember that there are no simple solutions to our healthcare problems. Rigid government price controls don't take into account people's actual health needs. And I know from experience that just cutting Medicare and Medicaid makes it harder to deliver good care to those who need it most.

Our goal should be to ensure guaranteed coverage to every American and a dignified entry point into the healthcare system. It should be to change the way people get care to provide more value and better service by encouraging the creation of community-based networks. And we must be sure that healthcare reform is financed fairly—that we have the resources to keep the promise of good health to every American.

Sincerely,
(Your name)

HR Development Information

Hospital Orientation

The next hospital orientation will begin at 8 a.m. at CC&I-78 on Monday, May 2. An optional tour of both sites will be held on Wednesday, May 4 beginning at 1 p.m. at 17th & Chew and 2:30 p.m. at CC&I-78. Reservations are required for the tour. To register, call ext. 4761.

CPR Certification

CPR Certification will be held in two parts and attendance is required at both. Part I will

be held Wednesday, May 4 from 9 a.m. to noon in room 900, School of Nursing, 17th & Chew. Part II will be held Wednesday, May 11 from 9 a.m. to noon, also in room 900, School of Nursing. To register, complete and return the appropriate form on the monthly HRD calendar, outside HRD, room 1914, School of Nursing, 17th & Chew, or outside the HR benefits area at CC&I-78.

CPR Recertification

CPR Recertification will be held in the 24-hour period beginning at 10 a.m. on Wednesday, April 27 in the Pediatric Classroom, 5th floor, 17th & Chew.

(please turn to page 4)

Staff, Volunteers Merit Recognition

Volunteers, secretaries, unit clerks and nurses at Lehigh Valley Hospital are in the limelight this spring with special events planned to recognize their unique roles and responsibilities in the hospital setting.

On April 19, volunteers were honored at a reception at the Allentown Hilton. During the program, Elliot J. Sussman, MD, commended the volunteers for their year round dedication to the hospital, particularly during the past winter. "Whether you came by car, by bus, by sled or on foot, you made it to the hospital," he said. "I can't begin to tell you what a positive impression that made on our patients, our personnel and me, personally. Because we didn't expect you, and you showed up. You didn't have to be here, but you were."

The hospital will present carnations to secretaries and unit clerks on Professional Secretaries Day, April 27. A lecture on professional demeanor is also scheduled for Tuesday, April 26 from 9 - 11 a.m. in the auditorium, CC&I-78, and Thursday, April

28 from 2:30 - 4:30 p.m. in the auditorium, 17th & Chew. Sponsored by the Secretary Liaison Committee and Human Resource Development, the lecture will be presented by Judith Horvath, BA, MBA, Assistant Professor of Business at Lehigh Carbon Community College.

The hospital will observe Nurses Week May 2 - 8, with nursing specialty organization displays lining the cafeteria hallway at 17th & Chew on Monday, May 2 from 8 a.m. - 4 p.m.; a dessert buffet on Tuesday, May 3 from 6-8 p.m. in the patient care units at CC&I-78 and 8:30 - 10:30 p.m. at 17th & Chew; displays on nursing research, education and practice innovations from 8 a.m. - 4:30 p.m. in the Anderson Wing lobby, CC&I-78, and a nursing research and educational forum from noon - 3 p.m. in the president's room, CC&I-78. In addition, posters depicting the role of nursing drawn by area children will also be displayed throughout the hospital.

The week will culminate with a gala celebration, including the presentation of Friends of Nursing awards, on Thursday, May 5 at the Holiday Inn, Fogelsville. ■

HR Development *(from page 3)*

Symposia Reminder

The Human Resource Department has announced the next topics of the Regional Symposium Series which will be held in the auditorium at CC&I-78. Additional information is available by calling ext. 4609.

Fourteenth Annual Update In Cardiology will be held Thursday, May 5. Topics will include: "New Devices Part I: Atherectomy," "New Devices Part II: Lasers & Stents," "Future Trends in Open Heart Surgery," and "Treating At-Risk Patients for Lipid Disorders: Drugs, Drug Combinations, Anti-Oxidants."

Third Annual Wilderness Medical Symposium will be held Saturday, May 14. Topics will include: "Mountain Bike Safety - Prevention and

Management of Injuries," "Medical Problems Associated with White Water Activities," "Clothing for the Out-of-Doors," "Critical Incident Stress in the Wilderness," "Prevention and Management of Medical Problems Associated with Hunting," and "Creative Airway Management."

Getting Employees Back To Work: Alternative Temporary Positions will be held Friday, May 20. Topics will include: "A Work Hardening Program: A Three-Tiered Approach for Return to Work," "A Team Approach for Managing ATP," "Administrative Aspects," "Medical Evaluation and Placement," "Employment Issues," and "Case Management Interactions." ■

Sounds Of Progress Echo Through Hospital

**"Clang, clang, clang went the plumbing ...
Whirr, whirr, whirr went the drills"**

If that refrain sounds familiar, it should. If it doesn't, it will as renovations continue or are scheduled to begin at both hospital sites.

At 17th & Chew, the modernization process is proceeding on 4T which will be occupied by the postpartum Mother/Baby Unit in June. In addition, 5 Tower is being renovated for the Physical, Occupational and Speech

Therapy Departments. These rehabilitative services will adjoin the transitional (or sub-acute care) unit now under review by the Pennsylvania State Department of Health.

At CC&I-78, work will begin in May on the 3rd floor of the Anderson Wing which will be converted into offices for senior management and a conference room for the Board of Trustees.

Meanwhile, the 4th floor of the Cancer Center, in accordance with the hospital's original plans for the facility, will be finished to house many of the departments which now occupy the temporary trailers at CC&I-78 as well as other consolidated departments. Plans call for the subsequent removal of the trailers. ■

A Mother's Message

We arrived at Lehigh Valley Hospital by ambulance. My 16 month-old son had been burned in an accident and required emergency care. I rode along, worrying and wondering "Why him? Why my baby."

I was met by Scott Davis who introduced himself, took my hand and assured me that my son was in good hands. Scott spoke in such a manner that I knew he was telling the truth and that I could trust him to tell me exactly what was happening. Later, Scott made arrangements for my family and I to spend weekends at the hospital together so I could spend more time with my baby.

I'll never forget everything that Scott did to help me. I have to say the same thing about Sheila Burke, a social worker who talked to me about all my concerns. I asked her to

speak to my nine year-old son because I felt he was blaming himself for the accident. Sheila was willing to help in any way she could. She cared if I had money to eat and if I got enough sleep.

The nurses and doctors in the burn unit are also wonderful people. Once, I saw one of the nurses gently kiss my baby as she took him for treatment. I also noticed that Dr. Farrell always seems to be around checking in on patients. That's really what it's all about: the love these very special people have for others. They truly work as a team with one goal in mind: to help to make people better.

How can I say thank you to all of you for helping me through such a difficult time? One day, I will put this behind me, but I will never forget Scott, Sheila and the doctors and nurses who cared for my son. ■

WOMANCARE LECTURE: Gender Communication Gap

Men and women communicate differently. Learn about differences in communication styles, how to bridge the gender gap and look at some real-life examples at a free educational lecture sponsored by Lehigh Valley Hospital WomanCare.

Rena Epstein, PhD, licensed psychologist consultant, will present the hour-long lecture at noon and at 7 p.m. on Tuesday, May 3 in the auditorium, 17th & Chew. For more information and to register, please call ext. 3800.

Library to Introduce New Service

In the midst of Library Week (April 17 - 24), the Health Sciences Library at Lehigh Valley Hospital has announced plans to introduce a new service that is reportedly "out of this world."

The "Galaxy" system, which is scheduled for implementation on July 1, will include a computerized card catalog that lists the library's entire collection of books and indicates which are available or reserved.

"The best part of it is that you won't have to leave your workstation to obtain this information," says Barb Iobst, library director. "In nursing units and other key areas, you will be able to 'bring it up' on your computer."

Iobst says that the library staff will be focusing on entering new books for both libraries so that the most current information will be available immediately. In addition, books from the John and Dorothy Morgan Cancer Center and some hospital departments will be entered. And, as information needs increase at Lehigh Valley Hospital, so will the information available through the Galaxy system.

Iobst notes that the procedure for checking out books will also change. Employees will be asked to present their hospital photo IDs which will serve as their library cards in order to check out books. The Health Sciences Library staff will begin registering employees with photo IDs in June. Meanwhile, please check E-mail and future issues of CheckUp for further information. ■

About Our People *(from page 10)*

Lab Announces Contest Winners

During National Laboratory Week (April 10 -16), the Clinical Laboratory at CC&I-78 held two contests to test the creative and culinary skills of hospital employees. Colleen Bailey of the Outside Accounting Department submitted the winning entry in the Lab's slogan contest: Test With The Best. That clever catchphrase was printed on tee shirts distributed to all lab employees during Lab Week. Meanwhile, Mari Trengue of the Outside Accounting Department and Barb Matika of the Blood Bank received "laboratory gourmet" aprons and roses for their entries in the lab's Bake-Off contest. Trengue took top honors in the dessert category for her ming lemon cake while Matika placed first in the non-dessert category for her hot crab dip.

Personnel Move To New Quarters

Stuart Paxton, vice president, support services, and Mary Ann Freer have relocated to the Materiel Management Department, CC&I-78, and can both be reached at ext. 8558. Freer continues to have insurance-

related responsibility (automobile, physician and general liability certificates of insurance), and can be contacted regarding those matters.

Susan Perry has relocated to Vaughn Gower's office in the School of Nursing, 17th & Chew, and can be reached at ext. 9400. While working with the financial services department, she will continue to serve as the hospital liaison for Eastern Secured Data and assist Randy Stubits, senior buyer, with the capital budget.

Nurses Represent PNC In Washington

Carol Sorrentino, RN, and Carol Saxman, RN, attended the Nurse in Washington Internship as representatives of Lehigh Valley Hospital's Professional Nurse Council and their respective oncology and critical care nursing organizations. During the conference, Sorrentino and Saxman became acutely aware of the potential and actual influence of nurses in the public policy arena. They offer the following statistic as proof: One in every 44 women who are registered voters in the United States is a nurse. ■

Bulletin Board

■ *Show Features Petite to Plus Fashions*

A fashion show featuring business, travel and leisure wear by Reta Gold, fashion coordinator for "Knits R Us," will be held Monday, April 25 at 7 p.m. in the hospital auditorium, CC&I-78. The Transitional Living Center is sponsoring the event to benefit Compeer, a national organization that recruits volunteers to work one-to-one with persons diagnosed with mental illness. For more information and tickets to the fashion show, please call Nancy Beidler at the Transitional Living Center, 770-9228.

■ *Macy's Day Fast Approaching*

Macy's Benefit Shopping Days is Tuesday, April 26 and for a \$5 donation, you can enjoy store-wide bargains and be eligible to win some fantastic prizes including a vacation to Holland, a Bermuda get-away, Thanksgiving in New York, and thousands of dollars in merchandise. Tickets for Macy's Day can be purchased in the hospital gifts shops and at off-site locations through Laurie Gillespie, ext. 3031 at 1243 S. Cedar Crest; Tracy Kuhnsman, ext. 7441 at 2166 S. 12th. Street; and Debbie Strauss, ext. 1406 at 2024 Lehigh Street. Proceeds benefit Friends of Nursing, Lehigh Valley Hospice and the John and Dorothy Morgan Cancer Center.

■ *Professional Demeanor Lecture*

Professional demeanor is the topic of a special program featuring Judith Horvath, BA, MBA, Assistant Professor of Business at Lehigh Carbon Community College, on Tuesday, April 26 from 9-11 a.m. in the auditorium, CC&I-78 and Thursday, April 28 from 2:30-4:30 p.m. in the auditorium, 17th & Chew. Horvath will discuss first impressions, body language, positive work behaviors and business etiquette. The program, which coincides with Professional Secretaries Week, is sponsored by the Secretarial Liaison Committee and Human Resource Development. For more information and to register, please call Ruth Davis at ext. 4615.

■ *Volleyball Season Set to Begin*

Coed volleyball games will begin in May on Monday and Wednesday evenings and continue through Labor Day at CC&I-78.

But you have to pay to play — a \$5 participation fee is due prior to the first game. To sign up, send a note with your name, department and phone extension to Steve Onushco, Engineering, CC&I-78. Deadline for registration is Wednesday, April 27.

■ *Womens Golf League*

The Allentown Women's Twilight Golf League will tee off Tuesdays at 3:30 and 5 p.m. at Shepherd Hills Golf Course. For more information and to register for the league, please call Carole Mathias, league president at 398-0870 or Liz Fulmer at WomanCare, ext. 3800. Deadline for registration is Friday, April 29.

■ *SuperSitter Class Schedule*

Youth ages 11 and older who babysit their siblings or neighbor's children have the opportunity to become a "SuperSitter" by participating in a free educational program sponsored by Lehigh Valley Hospital on Saturday, April 30 from 8:45 - noon in the auditorium, 17th & Chew. The program will include presentations on first-aid and safety and tips on infant and toddler care, how to find baby-sitting jobs and communicating with employers. For more information and to register, please call WomanCare at ext. 3800.

■ *PNC Planning Plant Sale*

A variety of hanging plants, perfect for mom on Mother's Day, will be on sale in the hospital lobbies, Thursday, May 5 from 8 a.m. - 4 p.m., CC&I-78; and Friday, May 6 from 7 a.m. - 5 p.m. at both CC&I-78 and 17th & Chew. The Professional Nurse Council is sponsoring the Plant Sale which benefits Friends of Nursing.

■ *Olympics Topic Of Lecture*

John A. Lucas, PhD, professor of sport science at the Pennsylvania State University and official lecturer of the International Olympic Committee, will discuss "The Modern Olympics-Past, Present and Future," at a free community program, Thursday, May 5 at 7 p.m. in the hospital auditorium, CC&I-78. In his presentation, the author of three books and 100 essays on the modern Olympics, will address the artistic, athletic, cultural and educational aspects of the Olympic

Bulletin Board

games. For more information and to register for the lecture, which is sponsored by the Allentown Sports Medicine and Human Performance Center, please call (610) 439-1788.

■ **Cancer Society Hosting 24-hour Walk-a-Thon**

Sunrise aerobics are among the activities planned for the American Cancer Society's 24-hour Relay For Life Walk-a-thon from 6 p.m. on Friday, May 6 through 6 p.m. on Saturday May 7 at J. Birney Crum Stadium, Allentown. For more information on forming and entering a team or volunteering to staff the first-aid tent (particularly during the midnight to 6 a.m. shift), call Janette Tough at the John and Dorothy Morgan Cancer Center, ext. 0650.

■ **Primary Election Nears**

During the primary election on Tuesday, May 10, registered voters will have the opportunity to nominate candidates in Pennsylvania for United States Senator, governor, lieutenant governor and seats in the general assembly. The polls will be open from 7 a.m. to 7 p.m. *Make your voice heard: VOTE!*

■ **Hospice To Air Documentary**

"To Live in Hope, To Die in Peace," a video documentary about hospice care, will be broadcast Thursday, May 12 from 3:15 - 4:30 p.m. and Friday, May 13 from 12:15 - 1:30 p.m. in the hospital auditorium, CC&I-78. The documentary weaves footage of actual patients and families, interviews with local hospice staff and commentary from world-renowned hospice advocates, critics and practitioners including Elisabeth Kubler-Ross, MD, author of *On Death and Dying*. The goal of the documentary is to dispel myths about death and dying, and to inform people that hospice is an alternative that supports life and hope, according to the Rev. Anne Huey, Director of Support Services for Lehigh Valley Hospice. The documentary was produced by Barlieb Wallace Heilman Productions of Allentown.

■ **Mark Your Calendar for May Daze**

Where else can you enjoy ethnic foods and have your cholesterol checked than at May Daze, Friday, May 13 - Sunday, May 15 on the hospital grounds, CC&I-78. Sponsored by the Lehigh Valley Hospital Auxiliary, the annual fundraiser will feature performances by Dee Dee Lee and Country Class, Balloons the Clown, The Happy Boombadeers, magician David Caserta, and the country music of Solid Ground. The weekend fest will also include a children's tent, amusement rides and the unique handcrafts of 50 craftspeople. And, of course, there's always bingo. For a complete schedule of activities for May Daze '94, look for the insert in the next issue of CheckUp.

■ **Skin Cancer Screening Scheduled**

The John and Dorothy Morgan Cancer Center is offering a free skin cancer screening, Saturday, May 21 from 8 - 11 a.m. in the lobby on the main floor of the center. For more information and to register, call ext. 0500.

■ **Hospital Sponsoring Bike Tour Team**

It's time to gear up for the annual MS150 Bike Tour, Saturday, June 11 and Sunday, June 12. The hospital is sponsoring a team of cyclists and all participating employees will receive a fanny pack. This year, registrants have the option of riding one way (50 miles) or round trip (100 miles). For more information and to register, call George Guldin, Respiratory Care, at ext. 8055.

■ **Sample the Menus at New Venues**

Le-Petit Cafe will be relocating to the ground floor (vending area) of the School of Nursing, 17th & Chew, within the next few weeks. Meanwhile, the Food Service Department invites you to enjoy breakfast, lunch or a snack between meals at "The Pantry," a new coffee shop in the John and Dorothy Morgan Cancer Center. You also have a chance to win a door prize during The Pantry's Grand Opening on Tuesday, April 26 or be among the first 1,000 people to receive a free reusable 17 oz. cup with your first Pantry purchase. Look for details in flyers distributed throughout the hospital. ■

Education

Health Promotion & Disease Prevention

The Health Promotion and Disease Prevention Department offers programs to help employees and their families adopt and maintain healthier lifestyles. For more information and to register for any of these programs, please call 821-2150.

Mountain Biking Clinic ... teaches riding and handling techniques, bike safety and maintenance, tips on preventing trail injuries and recommendations for places to ride. The clinic will be held Monday, April 25 at noon in the auditorium, CC&I-78, and Wednesday, April 27 at noon in the auditorium, 17th & Chew.

Lyme Disease Update ... with tick season just around the corner, there is also an increased risk of contracting Lyme Disease. Make this summer a safer one by learning how to avoid ticks and what treatment to receive if you are bitten. The update will be presented by Dr. David Beckwith on Tuesday, April 26 from 7 - 8:30 p.m. in the hospital auditorium, CC&I-78.

Heart Healthy Foods Focus of Supermarket Tour ... during group tours of the Giant Food Store, Cedar Crest and Tilghman Streets, Allentown. The tours will be led by a registered dietitian who will discuss the "new" food groups and special occasion food selections and how they relate to heart health and overall wellness. Tours will be offered Tuesday, May 3 from 7 - 8:30 p.m.; and Wednesday, May 11 from 7 - 8:30 p.m.

Advanced SHAPEDOWN ... is a program for young people who have completed the SHAPEDOWN program. You are invited to participate in this advanced weight control program while learning to maintain healthy eating and exercise habits, and build self-esteem and communication skills. The program begins Wednesday, May 4 from 6:30 - 8 p.m. in classroom 2, CC&I-78.

Be A Winner At Sports And Nutrition ... Learn about the importance of proper nutrition in relation to regular exercise at a free lecture, Tuesday, May 10 from 7 - 8:30 p.m. in the hospital auditorium, CC&I-78. The program will be presented by Donna Scott, a registered dietitian, who will discuss how nutritional needs are affected by exercise; and Greg Salem, an internationally-known fitness expert, who will discuss various types of exercise and their health benefits.

Smoking Cessation Hypnosis ... is a program for smokers who want to overcome their craving for cigarettes through hypnosis. This group smoking cessation program is led by Kenneth Graham, PhD, a licensed psychologist, and will be held Tuesday, May 17 from 7 - 8 p.m. in Conference Room 5, CC&I-78.

SmokeStoppers ... helps smokers neutralize their desire for cigarettes through this five-week program beginning Wednesday, May 18 from 7 - 8 p.m. in Classroom 3, CC&I-78. The program is free for hospital employees.

Lean Lone-Star Cooking ... with Chef Duncan Howden of Northampton Community College demonstrates how to modify traditionally high-fat "Tex-Mex" dishes on Thursday, May 19 from 7 - 8:30 p.m. in the hospital auditorium, CC&I-78. Registered dietitian Sandra Barillo will also discuss the benefits of decreasing the fat in popular Southwestern foods such as taco chips, bean dip, quesadillas and enchiladas.

Lunchtime Walks ... will help you celebrate spring and get into STEP. Group walks are led by a certified aerobic instructor. Walking-Out Workout Club (WOW) members and other interested employees are invited to participate. Employees currently enrolled in the WOW program can record their minutes of walking on their monthly logs. Walkers will meet at the entrance of each hospital site from noon-12:30 p.m. on April 11, 18 and 25 at 17th & Chew; and April 13, 20 and 27 at CC&I-78. ■

About Our People

Nurses Pen Articles On Burn Care

Jackie Fenicle, RN, BSN, manager of patient care services for the hospital's Burn Center; Priscilla Albenzi, RN, CCRN, a staff nurse in the center; and Joanne McLaughlin, RN, director of professional affairs of the Burn Foundation, contributed articles to the March 21 issue of *The Nursing Spectrum* magazine. Fenicle outlined the clinical duties of burn center staff nurses and examined their relationship and rapport with burn patients and their families. Albenzi presented a case history of an actual burn patient, and offered insight into caring for a patient with little chance of survival. McLaughlin focused on the work of the Burn Foundation's Nurse Advisory Council which is composed of burn center clinicians and educators from Lehigh Valley Hospital; Crozer-Chester Medical Center, Chester; St. Agnes Medical Center and St. Christopher's Hospital for Children, Philadelphia; and St. Barnabas Medical Center, Livingston, New Jersey. The activities of the council, as highlighted in the article, are student nurse education, nursing research, burn prevention, standards of burn nursing practice and outreach programs.

Radiologists Co-author Book on Diagnosing Spinal Problems

Robert Kricun, MD, vice chairman of the department of radiology at Lehigh Valley Hospital, and his brother, Morrie E. Kricun, MD, professor of radiology at the Hospital of the University of Pennsylvania, Philadelphia, have co-authored a second book: *MRI and CT of the Spine: Case Study Approach*. The textbook is designed to test and hone the diagnostic skills of practicing and resident radiologists, orthopedic surgeons, neurologists and neurosurgeons. The book challenges readers to evaluate magnetic resonance images and computed tomography scans, which are accompanied by patient histories, and to make a diagnosis based on that information. Drs. Kricun and Kricun spent three years researching, writing and editing the text, and credit Kathleen Moser of the hospital's research department for helping to prepare the manuscript and Carol Varma of biomedical photography for providing the medical illustrations.

Personnel Assume New Roles

David Crabtree, director of 6N, has assumed added responsibility as director of 6S, and is now responsible for the management of both adult psychiatry units. David Mitchell, who served as director of 6S and acting director of the adolescent psychiatry unit, has been named director of adolescent psychiatry. In addition, Carol Sorrentino, former clinical nurse facilitator on 4B, has been appointed clinical nurse facilitator for the inpatient units.

Mark Cippole, MD, has been named acting medical director of flight operations (MEDEVAC). George Moerkirk, MD, will remain in the role as chief of the division of pre-hospital emergency medical services. In that capacity, he will continue to provide training to pre-hospital personnel and represent the hospital on the EMS Council.

Rick Mueller, Director of Physical Therapy, has assumed added responsibility as Acting Director of Occupational Therapy following the resignation of Bill Tunke. Tunke, who joined the hospital staff in 1985 to establish the Occupational Therapy Department, has accepted the position of Director of Rehab at the Hamburg site of Multicare, a proprietary nursing and rehab corporation based in New Jersey.

Nurses Present Program On Burn Treatment, Prevention

Patricia Vacarro, BSN, clinical nurse facilitator for the hospital's Burn Center, and Joanne McLaughlin, RN, director of professional affairs of the Burn Foundation, recently conducted a seminar for the Pennsylvania Power and Light Company's Brunner Island and Lancaster County safety response teams. During the four-hour seminar, which was developed by the Nurse Advisory Council of the Burn Foundation, Vacarro and McLaughlin outlined specific emergency care for various types of burns, preparations for transporting a burn victim, burn center care and protocols for preventing burns in the workplace.

(please turn to page 6)

Service Anniversaries: May 1994

Human Resources congratulates the following employees on their service anniversaries and thanks them for their continuing service to Lehigh Valley Hospital.

Twenty Five Years of Service

May 18 Constance Saylor/Medical Records

Twenty Years of Service

May 6 Frances Caruano/6N Adult Psychiatry Unit
May 9 Earl Carver Jr/Medical Library
May 13 George Naugle/Purchasing
May 20 Denise Jones/Obstetrics
May 20 Kathie Keim/Home Care - Skilled Nursing
May 20 Miriam Turnbach/Post Anesthesia Care
May 28 Paulette Hawkey/4T Medical/Surgical Unit
May 28 Allan Richards/Plant Engineering
May 28 Donna Rose/OR A

Fifteen Years of Service

May 7 Patricia Gorzelic/Lab - Microbiology
May 7 Bonnie Wehr/Escort-Mailrm-Printshop CC
May 10 Richard Hertzog/Limited Duty Work Related
May 19 Nanette Drumbore/Neonatal ICU
May 19 Janette Tough/Cancer Center
May 23 Lester Souders/General Services C
May 29 Susan Butz/Medical Records
May 29 Harriet Call/Patient Accounting
May 29 Alan Keller/Plant Engineering
May 29 Karen Schleicher/Labor & Delivery

Ten Years of Service

May 1 Katherine Chiadis/Lab - Information Services
May 7 Susan Dreher/Pediatric Unit
May 7 Kristie Hoefflein-Metz/OR CC
May 14 Denise Holub/Tuition Assistance Program
May 14 Suzanne Smith/Respiratory Therapy CC
May 19 Tammy Deitrich Webb/Intensive Care Unit
May 21 Wanda Backenstones-Wyatt/Post Anesthesia Care Unit A
May 21 Joanne Hatch/OR CC
May 29 Judith Snyder/Emergency Service CC
May 29 Constance Young/Lab-General

Five Years of Service

May 1 Geraldine Baur/4C Medical/Surgical Unit
May 1 Steven Fogel/Dept. of OB/GYN
May 1 Lawrence Kovalick/Pharmacy CC
May 1 Greta Sacks/Lab - Hematology
May 1 Wendy Wuchter/Neonatal ICU
May 2 Lisa Wall/Lab-Microbiology
May 3 Christine Budihas/Telecommunications
May 8 Suzanne Jany/Altwn Diag Cntr-X-ray
May 15 Cynthia Kern/Admitting Office
May 15 Terry Koehler/LV Hospice - Easton Office
May 15 Carolyn Korpics/LV Hospice - Easton Office
May 15 Susan Long/Progressive Coronary Care Unit
May 15 Sonja Mendez/4S Renal
May 15 Laurie Sanko/5T Medical/Surgical Unit
May 15 Janice Spark/Patient Accounting
May 15 Leanne Strawn/Research & Publication Suprt
May 21 Kelly Bartholomew/Lab - Cytology
May 21 Frances Fritz/Lab-General
May 22 Barbara Donmoyer/Admitting Office
May 22 Francine Galassi/Lab - Coagulation
May 22 Andrew Meyers/Admitting Office
May 22 Denise Neas/Lab - Microbiology
May 22 Ruth Safi-Litz/Open Heart Unit
May 22 Christine Sommer/Medical Records
May 22 Laura Wassiluk/Respiratory Therapy CC

PLEASE POST

COME WALK FOR THE HEALTH OF IT!

Be part of National Employee Health and Fitness Month

Lehigh Valley Hospital employees and their families are invited to join the Health Promotion and Disease Prevention Department and host, Elliot J. Sussman, M.D., President and CEO along with his family in our first "Family Fun Walk".

Registration is at 8:30 AM and the walk will begin at 9:00 AM. Join us for a fun-filled morning and win special prizes.



Come help us celebrate National Employee Health and Fitness Month to be held in conjunction with MayDaze.

Walk Date

May 14, 1994

9:00 AM

CC & I-78

Cancer Center

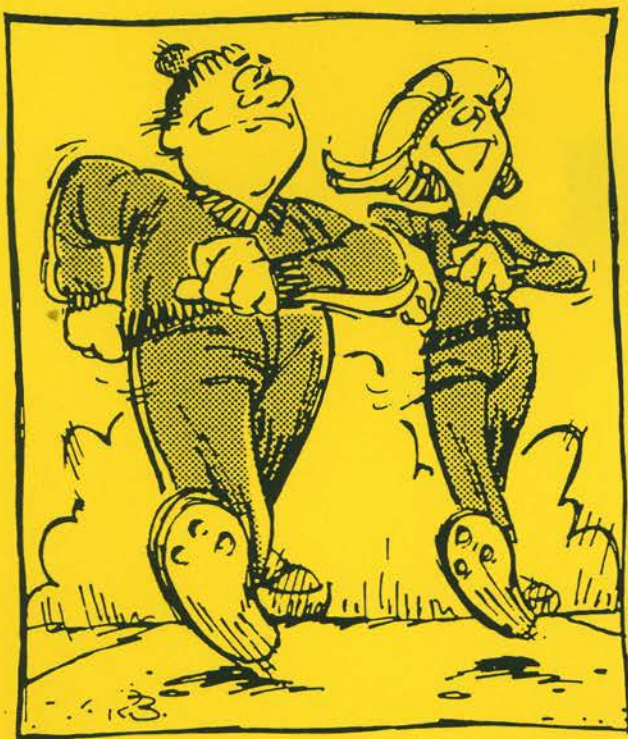
Rain Date

May 15, 1994

10:00 AM

CC & I-78

Cancer Center



The fee for this program is \$2.00 per individual and \$3.00 per family. All adults walking will receive a T-shirt and all children walking will receive a water bottle. Also, all registered families that walk this day will receive 8 complementary MayDaze tickets and all individuals that walk will receive 4 complementary MayDaze tickets.

Pre-registration is encouraged. For more information or to register for this fun event, please call the Health Promotion and Disease Prevention Department at 821-2150.